

THE SAINSBURY'S GUIDE TO

Summer home baking

A range of ingredients for all your baking needs



Sainsbury's. Special food at everyday prices.



Fête accompli

Stock up your cupboard with our range of baking products and your home-made cakes could be the highlight of the summer's fêtes, cricket teas and bazaars!



A sponge cake is the ideal base for a variety of fillings: lemon curd, chocolate spread, whipped cream and jam, or try whipping mascarpone with a little sugar and stir in fresh raspberries

The beauty of home-made baking is that you have the freedom to create whatever you want. It needn't take a lot of time and effort either, and if you love baking the results can be very satisfying. Take the classic all-in-one cake method: all you do is mix the sugar, flour, butter and eggs all together at once. From this basic mixture you can add different ingredients to suit the occasion.

Now summer is upon us, it's the perfect time to roll your sleeves up and start baking. If you're already in the throes of preparing for fêtes, cricket teas, and bazaars, Sainsbury's have put together some recipes so you can show off your baking skills, and

these recipes are so simple that your children can lend a hand, too.

CLASSIC VICTORIA SPONGE

175g (6oz) *butter, softened*

175g (6oz) *caster sugar*

3 *large eggs, beaten*

175g (6oz) *McDougalls Supreme
Sponge Flour, sifted*

To serve

4 *tablespoons strawberry jam*
icing sugar, to dust

- 1 Preheat the oven to 180°C, 350°F, Gas Mark 4. Grease and line two 18cm (7in) sponge tins.
- 2 Cream the butter and sugar until pale and fluffy, then beat the egg in a little at a time.
- 3 Next, fold in the flour, little by little.
- 4 Divide the mixture between tins, level the surface and bake on the centre shelf for about 30 minutes or until golden and the centre is springy.
- 5 Turn out and cool on a wire rack.
- 6 When absolutely cold, sandwich the cakes together with the jam, and sprinkle the surface with icing sugar.

Serves 6-8

Preparation time: 15 minutes

Cooking time: 30 minutes

Per serving: 499 Calories; 27g Fat



McDougalls







The more, the merrier

Freshly baked flapjacks and scones filled with luscious strawberry jam and cream are just the thing at tea time – serve in the afternoon with a pot of tea!

CLASSIC SULTANA SCONES

250g (8oz) JS self-raising flour

pinch of salt

25g (1oz) caster sugar

50g (2oz) butter

50g (2oz) JS Australian sultanas

1 large egg, beaten

3-4 tablespoons milk

- 1 Preheat the oven to 220°C, 425°F, Gas Mark 7.
- 2 Sift the flour, salt and caster sugar into a bowl, then rub in the butter.
- 3 Stir in the sultanas, then gradually add the beaten egg and most of the milk, mixing with a knife to give a soft, but not sticky dough.
- 4 Roll out the dough to a thickness of 2cm (¾in) deep. Using a 5cm (2in) cutter, stamp out the scones.
- 5 Brush the tops with the remaining

milk, and bake on a high shelf for 12-15 minutes until golden.

Makes 10-12 scones

Preparation time: 10 minutes

Cooking time: 15 minutes

Per scone: 131 Calories; 4g Fat

FRUITY FLAPJACKS

225g (7oz) butter

225g (7oz) demerara sugar

2 tablespoons golden syrup

275g (9oz) porridge oats

100g pack sunflower seeds

75g (3oz) ready to eat dried apricots, chopped

75g (3oz) glacé cherries, chopped

- 1 Preheat the oven to 170°C, 325°F, gas mark 3.
- 2 Heat the butter, sugar and syrup in a pan, just until the butter has melted.
- 3 Mix the other ingredients in a bowl, then stir in the butter mixture.
- 4 Turn into a 30 x 23cm (12 x 9in) baking tray, and press flat. Bake for 30 minutes on the middle shelf.
- 5 Remove from the oven and leave to cool for 10 minutes before cutting into 24 squares. Serve when cold.

Makes 24 squares

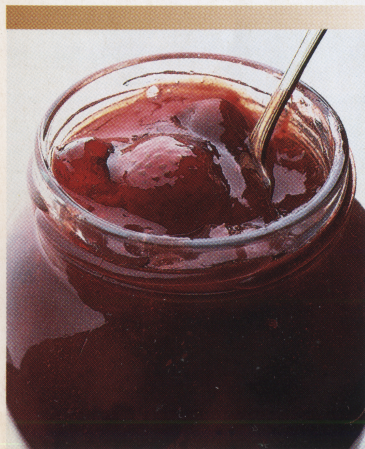
Preparation time: 10 minutes

Cooking time: 30 minutes

Per square: 190 Calories; 10g Fat



Buttermilk can be added to scones for a tangier flavour; for a tropical twist add ready to eat dried pineapple and papaya to the flapjacks





Partners in crime

When there's just you, your partner and a couple of close friends round for dinner, a wickedly boozy pud is one of the best ways to end a meal...



Experiment with other flavours in this cake by substituting port, brandy or Calvados for the Amaretto

CHOCOLATE ALMOND CAKE WITH AMARETTO AGEN PRUNES

250g pack French Pruneaux D'Agen, destoned

50ml (2fl oz) Amaretto

150g bar deluxe dark chocolate, broken up

125g (4oz) butter

3 large eggs separated

125g (4oz) dark soft brown sugar

75g (3oz) JS self-raising flour, sifted

50g (2oz) ground almonds

For the filling

150g bar deluxe dark chocolate, broken up

142ml carton soured cream

toasted flaked almonds to decorate

1 Place the prunes in a saucepan and cover with water. Simmer gently for 2 minutes. Drain, then place in a bowl with the Amaretto for at least 2 hours.

2 Preheat the oven to 180°C, 350°F, gas mark 4. Grease and line two 18cm (7in) sponge tins.

3 Place the chocolate and butter in a bowl over a pan of hot water and leave to melt. Stir, then set aside to cool.

4 Whisk the egg yolks and sugar in a bowl until pale and creamy, then fold in the chocolate mixture, followed by the flour and ground almonds.

5 Whisk the egg whites (using a clean

whisk) to a soft peak in a separate bowl. Fold them into the chocolate mixture. Roughly chop the prunes, then stir these in carefully with any remaining soaking liquor.

6 Divide the mixture between the tins, and bake for 35 minutes on the middle shelf until firm to the touch. Allow to cool in the tin for a few minutes, then turn out onto a wire rack and leave until completely cold.

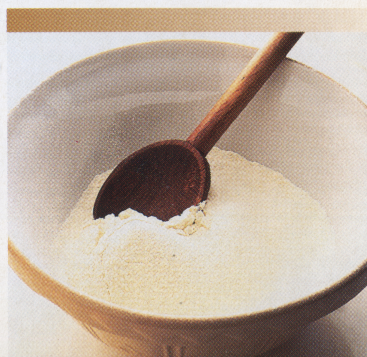
7 For the filling, melt the chocolate with the soured cream in a bowl over a pan of hot water. Leave to cool, then use half to sandwich the cakes together, and spread the rest over the top. Decorate with the flaked almonds.

Serves 8

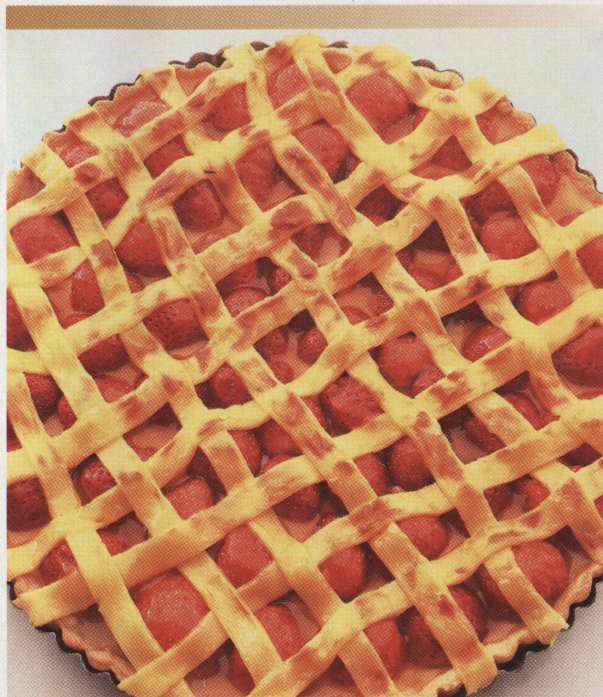
Preparation time: 35 minutes + 2 hours soaking

Cooking time: 35 minutes

Per serving: 434 Calories; 24g Fat







MARZIPAN LATTICE TART

500g pack fresh shortcrust pastry

For the crème pâtissière

450ml (¾ pint) milk

3 large egg yolks

40g (1½oz) caster sugar

40g (1½oz) plain flour

25g (1oz) cornflour

1 teaspoon vanilla extract

To finish

6 tablespoons apricot jam

1½ tablespoons hot water

icing sugar for rolling

500g block golden marzipan

*2 x 250g punnet strawberries,
hulled and halved*

beaten egg yolk to glaze

1 Roll the pastry out and line a flan tin, size 28cm (11in). Chill for 30 minutes. Preheat the oven to 190°C, 375°F, Gas Mark 5, with a baking sheet on the centre shelf.

2 For the crème pâtissière, first heat the milk in a saucepan. Meanwhile beat the egg yolks and sugar in a bowl until pale, then beat in the flour and cornflour. Pour the hot milk over this mixture, and whisk. Return to the pan and bring to the boil, stirring continuously. It will go lumpy at first, but will become smooth as you beat it. Cook for 2 minutes, still stirring, then take off the

heat and add the vanilla extract. Pour into a bowl, cover the surface with clingfilm and leave to cool.

3 Line the pastry with foil and baking beans, and place on the baking sheet in the oven. Bake blind for 15 minutes, then remove the beans and foil and bake for 15 minutes until cooked through.

4 Gently warm the jam with the water, then sieve into a bowl.

5 Dust the work surface with sifted icing sugar. Cut the marzipan in half, then roll one piece into a disc to fit inside the pastry case. Brush the pastry with some of the apricot glaze, then ease the marzipan in. Preheat the grill.

6 Place the crème pâtissière in a food processor and whizz to soften. Spread over the marzipan, then arrange the strawberries on top.

7 Roll the rest of the marzipan out into a rectangle measuring 29cm x 22cm (11½ x 8½in). Cut lengthways into 16 strips about 1cm (½in) wide. Lay 8 of the strips across the tart, then weave in the other strips to make a lattice. Brush with beaten egg yolk, then flash under the grill for 45 seconds to caramelise the marzipan. Brush the rest of the apricot glaze over the tart.

Serves 10-12

*Preparation and decoration
time: 1 hour 10 minutes.*

Cooking time: 30 minutes

*Per serving: 460 Calories;
21g Fat*